

QC

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Chess Dempsey was known for her elegance, compassion **P. 9**

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Warehouse living with personal touches in unique loft **P. 22**



CHAD MILLER WALKS THE LINE

A RECOVERING ADDICT'S WINDING ROAD TURNS INTO THE STRAIGHT AND NARROW **P. 10**

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ON THE COVER P. 10



Chad Miller's work at Street Culture has helped stay-on drugs. (PHOTO BY DON HEALY)

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MY FAVOURITE PLACE P. 5



James Garson and his son Moen at Lebel Field over Toronto police in Regina. (PHOTO BY MICHAEL BELL)

QC COVER PHOTO BY DON HEALY

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IN THE CITY

SUNDAY, NOV. 3, 2013 — 10:21 A.M.



Participants join in the Halloween spirit during the Arctic Walk and Run for arthritis on Sunday in Wisconsin County. More than 500 people took part in the fundraiser for the Arthritis Society raising more than \$20,000 for education and support programs in Sudbury. **PHOTO BY MICHAEL HILL**

YOUR FAVOURITE PLACE

QC wants to hear about your favourite place in Regina! Email qc@leaderpost.com

MY FAVOURITE PLACE

Leibel Field a place to call your own

By Ashley Martin

Jaime Garzon and his 12-year-old son Myson are no strangers to Leibel Field. They both love sports and spend a lot of time there — both play soccer and both are involved in Regina Minor Football (RMF). Myson is a player and Jaime is a coach.

Though their team didn't make the playoffs, they were at Leibel again to watch the previous final on Oct. 27. "It was a bit chilly but we endured the weather," said Jaime, who coaches defensive backs.

Q: Why do you like Leibel Field so much?

A: About three years ago they put in a new turf and it's artificial turf, which means you can play in any weather.

It was just a wonderful facility to be in, you could play if the weather was bad and you could play if it was sunny outside. And that's a huge difference from before because, although I'd rather play on grass, when the weather's bad, then you wreck the field. This is a huge advantage and actually the technology that's out there for artificial turf, it's pretty close to the real thing now.

At the time Myson was playing soccer as well so we were there either for his soccer or for his soccer and when the fall came we started playing football there as well.

Q: Are minor football games played elsewhere in the city?

A: They're all being played at Leibel Field. I know for high school they sometimes play at Mosaic, but Mosaic is too big sometimes. When you're there, it's huge and it's great, but then you lose the atmosphere with Leibel Field, because the stands are very good, even if you only have like 30 people there, it feels like there's a lot of people there.

This is such a gift to amateur sport and in the RMF specialty because it's basically a place that



Jaime Garzon and his son Myson at the finish of the Regina Minor Football League at Leibel Field. QC photo by Michelle Hill.

you can call your own — during the summer months it's mostly soccer and so it's really a gathering place for the sport when the outdoor season's on.

Q: Before the new turf was Leibel still the central field?

A: No, things were being played everywhere else. I know for football there would be some games at Mosaic, some at Optistat Park and various other fields.

For soccer because it's played more by more people and more adults, there are a lot more fields

that the sport's being played on but it certainly benefits from having that field, with the good screen as well looking all the tapes of the different clubs.

Q: It sounds like a pretty professional facility even though it's small?

A: Oh, yeah, and it's growing. They're building a ticket booth so that eventually when there's more high-level games, you can actually have an entrance going in, maybe even charge money — and I don't know if that's a good thing, but I'm certainly enjoying the way it is

right now because anybody can go and watch a game.

They have a press box and coaches can go up there and watch the game and communicate with the coaches on the field through headsets. I think that in itself brings a level of professionalism, it just up the ante for coaches.

But at the end of the day it's all about fun, and I think it's just a great, fun place to be at — where you can go and be a spectator and have fun, or you can be a coach and have fun, or you can be a player and really really have fun.

Q: What's your best memory of Leibel Field?

A: This year, my son recovered a fumble and ran it back for a touch down. That was like a 50 yard run I was cheering. Last year he was a running back and he had a fun last year. He was scoring touch downs, so there's lots of good memories there.

This year because he's one of the newestest guys and he's playing with very big guys, I think that he really had to outdo himself and that was a pretty fond memory. He was playing defensive back.

INVENTORY

We want to hear from you: Tell us about your local business!
Email QC@leaderpost.com

SATORI HAIR STUDIO

The setting of Satori Hair Studio is evocative of the post-war era. Lee Young-Hwan had when she opened it 11 years ago. It is a boutique salon located in an old house, so it's charming and comfortable — ideal for stylists to bring out the best in their clients.

The products Satori sells are also designed to make people feel good. They're environmentally friendly, fair-trade or Canadian-made, an effort "to do our part in the world," says Young-Hwan.

Satori Hair Studio is open Tuesday through Saturday at 353A 12th Ave.

1. CURLY COFFIN: Mega bubble wand protects against heat damage. \$30.

2. HIGH-END SLOW DRY: One Legacy Pro blow-dryer, ceramic nano-gold and ionic tourmaline technology. \$225.

3. STYLIST CHOICE: Bundle and bundle products. \$250-\$500.

4. MOISTURIZE: Moroccan Oil products, organic and antioxidant-infused. \$20-\$60.

5. KEEP YOUR COLOUR: ColorFood products: veggie, oil-free and paraben-free, preserve colour. \$20-\$40.

6. LASH GUTS: Xtreme Lashes eyelash extensions, individually applied to each eyelash by a stylist. New set \$350, touch-up \$70.

QC PHOTOS BY BRYAN SCHOLZKE



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FASHION

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★ REGINA STYLE

Christina Bourne: Photographer has functional approach to fashion

By Ashley Martin

Her mom wonders why she doesn't "take more like sister," but Christina Bourne's style makes perfect sense in her line of work.

"I don't like to wear heels or anything where I can't move or bend because I bend down a lot and sometimes say, 'Oh the ground, you don't want to look too fancy,'" says Bourne, who does on-site fashion and music photography through her business My Booth Photography. "I try to just do a comfortable, no-fuss look."

If she dares a nice dress, as per her mom's suggestion, it would fit both well for photo shoots — "I mean it fits up and people see. No, not good."

Bourne's favourite season to fall because she can keep her "boots and scarves. Those are my things."

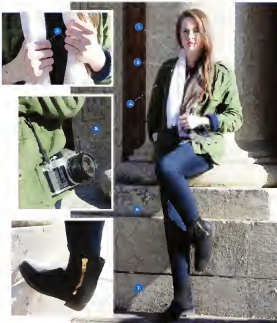
It's not that she's opposed to looking good, but function is an important component the 22-year-old's fashion sense. "I try to think first about what it is like outside, what the weather like? Then I think about what industry I'm going to be doing in that day... I try to do so kind of things, I like to go out and see good kind-of like those movie moments. Those moments where you look in the mirror and you put on those or hair different things, you're like, 'OK, I'll choose this one.'"

Her inspiration photography began when she was six years old and she spent hours going through boxes of family photos, photographer favorites.

"I just had this obsession with capturing the essence of life and that stage moment. I've always had a passion for it."

Even though her mom isn't necessarily her first photography inspiration, Bourne's eyes. She does a lot of model headshots and shot Seek Fashion Week last year.

"Now that I've got more of a taste for the fashion industry I've kind of been a nobody who into it a little more. I kind of like it now like taking pictures of models. You get to do as the creative as you please. The feedback."



1. SCARF: Vintage Browns Canada. It's simple & subtle. "I have a lot of the parents' old clothes. I have a jeans shirt of my mom's... and some things of my dad's when he was on the farm."

2. RINGS: Mid finger rings from Aldo. Index finger rings a gift from a friend. "I'm typically a good person. I like warm tones."

3. SWEATER: Zens.

4. JACKET: The Gap. "I got it in Vancouver on sale and it was my mission to find a jacket like this because my friend had one. I've always liked the olive colour."

5. CAMERA: It's a Canon AE-1. It's their first. "I got it at Value Village for \$20. I got it four years ago. I had barely any money at my bank because I was in university and just saving money and I just had this thing. I have to say that, I have to."

6. BOOTS: Newell.

7. BOOTS: Newell where she also works. "My boss picked them out."

Photographer Christina Bourne's style is functional without being too modest, she wants to look nice.

NEXT WEEK: Did you keep your baby's name a secret during pregnancy? Email QC@leaderpost.com

PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

What's the best parenting advice your parents gave you?



"My mom shared that just when I thought I'd spend out my baby and gotten him into a lot of routine, things would change — so true!" — *Roslin Brockley Day*

"My mom told me to have confidence in myself as a parent." — *Dan Rachelle Romaga*

"It's nice to want things. (A good reminder the world filled with sensory toys and games just because they want it, doesn't mean they should get it.)" — *Courtney Leach*

"Just keep children safe!" — *Karenlyn Shaweod*

"Change your babies at every age. They grow up super fast quickly. I miss the days when I knew exactly when they were and what they were doing. Today I haven't got a clue." — *July 5*

"My mom always told me to trust myself. This advice was invaluable when it came to all things newborn with my grandson! If I hadn't followed myself and taken my eyes to the hospital for what

my pediatrician thought was a girl, I wouldn't be here today!" — *Michelle Groszicki*

"The best parenting advice my mom gave me was to not stress out about getting the baby on an irregular schedule because it takes time to get into a routine and babies need time to adjust." — *Allie Moly*

"Two simple words from my dad: 'Stay cool.'" — *Carla Corbitt*

"They have given me lots of good advice, but I really try to listen when they tell me not to get overworked up about the what seems like constant mess. My kids are two and four and I feel like I should always be picking up their stuff. What I really need to do is enjoy my time with them — play with them, colour with them (and) not just pick up after them!" — *Jessie Hurdle*

"You will not be everywhere that your kids do, but you will help raise them before you are a smart woman!" — *Jillana Comstock*



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LEGACY

IN REMEMBRANCE

'Chess' known for her compassion at work and home

By Andrew Matto

Known for her elegance and unrelenting compassion that resonated throughout her life at work and home, Chess Denesky touched the lives of hundreds.

Her fierce attention to detail and a natural ability to give comfort to others heralded her work as a nurse supervisor, as well as an enthusiastic aunt, business and professional.

"I don't mind saying that we had the best garden in all of South Region," said Gerald Denesky of his wife. "She loved to work in the garden and always made sure everything looked the way she wanted."

Chess Denesky died on Oct. 31 at Region 3 Western Greer Hospital of natural causes. She was 84.

Born Emma Greer in Dyersburg to a large family, she went on to graduate from the nursing program at the Regina Grey Nuns School of Nursing in St. Louis and went to work at the Grey Nuns Hospital before it became the Piquette. She rose to become a head nurse and supervisor in charge of the emergency department, as well as supervisor for the ICU, CCU and operating rooms.

Emma and Gerald were introduced by their older sisters before he asked his future wife to be his wife in the suburban.

"I didn't tell her back then, but I got a silver ticket and asked if she wanted to go," said Denesky.

Though her name was Emma, most knew her as Chess, a nickname she was given in high school by a classmate whose remark about her chestnut-colored hair lasted throughout her life.

"I remember one time someone called her Emma and they



Emma 'Chess' Greer graduated nursing in 1952.



Chess became Chess Denesky in 1963.



Chess Denesky had a distinct cropped hairstyle.

asked her Emma. I told them they had the wrong number," said Gerald.

The couple married in 1960 and lived on Simpson Road in Albert Park where Chess made it a priority to plant and arrange perennials every spring as well as maintain colorful flower boxes with no weeds. She was also known for her name the organization of home, where she spent work days preparing a week's worth of meals as they only needed reheating each day.

She was also meticulous about her hair. She was known for her cropped back style and

weekly visits to her hairdresser every Saturday.

Bonnie Kern, a former nursing colleague and family friend, said Chess had a sunny attitude no matter what work she was engaged in the north shore. "You should have seen her emergency room. Everything had a place," said Kern. "When somebody did something wrong, you knew about it. She was nice about it, but she also got her message across."

Chess also loved hosting friends and family at home, going out of her way to arrange snacks on her best china and

initiating conversation.

"When her best guests in her home, she asked guests about them because she was genuinely interested in people," said Kern. "She could have hosted the Queen without any trouble."

Friends and family say that because Chess was one of five children whose father died at an early age, she took notice of her own mother's work ethic and understood the value in being organized and thrifty.

"She just had something about her that always flourished, and she took that into her career when she married

Lyle and her friendships."

Added friend Louise Freeman: "I have always believed that the people of the Piquette are known for their kindness and hospitality. Chess epitomized that."

When Sandra Hynds enjoyed spending time with her aunt, who always gave excellent presents on special occasions.

"I think because she never had children of her own, she really took to her niece and nephews. She always gave us something nice at Christmas."

After Chess retired in 1965, she started Region's first

chronic pain group as a way to console others who suffered from pain. Through most of her adult life Chess struggled with symptoms of osteoporosis that included regular pain weakened bones and even occasional broken bones.

However, she never let others know when she struggled.

"She always made a point of keeping out of the problem behind what was causing her pain. And she wanted to share that with others," said Gerard.

andrew@legacyreport.com
Andrew@legacyreport.com

ON THE COVER

I remember swearing at teachers
and getting kicked out. — Chad Miller

#CHAD MILLER

Addicted to a life of sobriety



You'd want people to think I'm better than anyone else, says Chad Miller about recovering from drug addiction. But if I can do it, anyone can. —gc PHOTO BY JONAS WILSON

By Andrew Matte

Chad Miller is an expert in diplomacy and night making.

That's why the 38-year-old has enjoyed recent promotions at work, where he's viewed as a leader in his field. He often drives his car, player's van and takes troubled teens to rural Sedatchewan, where he supervises the work site.

But Miller is still getting used to all of this

trust and responsibility — a year ago, he was a full-blown addict, unable to keep himself from escaping reality by using cocaine, smoking marijuana or abusing prescription drugs.

"We treat him to ways that we'd never been thought possible once she reaches age," says Kim Sutherland, CEO of Street Culture Kids, a life-care agency that provides support to young people.

Chad connects with young people in ways that most professionals don't.

Miller's life and path to addiction are typical. But the dramatic rise to a life he'd never known is a story of success built on extraordinary support and personal will.

Miller had a resume of addiction-fueled misdeeds that landed any Hollywood star's, but Street Culture allowed him to thrive in a job after benefiting from its tough love approach to counseling.

He has also prospered because of the strong men, including ex-girlfriend Karmen Holbrook

Over the years, she welcomed Miller back into her life after kicking him out of her apartment every time he returned to drugs and failed on other attempts at sobriety.

Holbrook believes Miller's life as a drug user is over because he's realized the work required of an addict to live without drugs.

"In the past, I'd have to drive him to AA meetings," says Holbrook.

"But now when I ask him about going to a meeting, he's already here."

When I came out of detox, I thought I could rule the world. But I soon realized that wasn't the case. I wasn't as smart as I thought I was. — Chad Miller

Chad Miller was born Aug. 16, 1985, an mid-urban Region. His mother raised him, his two sisters and brother. He attended Hermon and Wausau elementary schools before attending Marian College, where he dropped out after Grade 10.

Miller prefers not to share details of his upbringing, but admits he experienced neglect and abuse. For that reason, he believes, Miller found trouble at a young age, experimenting with drugs and alcohol at elementary school. His first brush with authority came as Grade 8 when he was suspended for drinking under the bleachers during a school dance.

It was then, Miller believes, that he sought refuge in drugs and booze to ease the burden of his life at home and school.

"I was hanging out with what people called the bad kids. And I was one of those kids," he says.

"I remember sneaking at teachers and getting kicked out. They put my desk in the hall way."

Over the years, Miller's affinity for recreational substances accelerated throughout high school and beyond as he experimented with

every drug he could find. His experience with street drugs and narcotics includes marijuana, cocaine, methamphetamine, LSD, psychedelics mushrooms, ketamine, ecstasy and other "rave drugs," or prescription medications like morphine.

He also has had a long history with alcohol, which he abused and often sold on the street after being diagnosed with attention deficit hyperactivity disorder.

"The only drug I never tried was heroin," he says.

Throughout his life, Miller's addiction usually got the best of him, even though he made dozens of attempts to quit. Each time he'd get arrested or kicked out of his mother's house when his behaviour got out of control, he'd swear off his beloved cocaine until his addictions drove him back.

"What I realize now is that I was never willing to do the work, like get a sponsor or go to meetings and that kind of thing," Miller says. "When I came out of detox, I thought I could rule the world. But I soon realized that wasn't the case. I wasn't as smart as I thought I was."

Continued on page 12



Three years ago, Chad Miller struggled to hold a job as a cook. But today, he's thriving in his job at Street Culture. (Photo by Rick W. V.)

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I believed in him. And I love him. —Katrina Helfrick

Miller held jobs with roofing companies for several months at a time before getting fired. Drugs also thwarted efforts to keep jobs as a cook at several restaurants in Regina.

Miller has had plenty of brushes with the law and has been charged more than once with drug-related offences, but none was as serious as the seven months he served at the Regina Correctional Centre.

"I got into fights. I spent time in segregation. It was awful."

Katrina Helfrick and Chad Miller hit it off after meeting at a party 18 years ago.

Helfrick loved Miller's outgoing personality and Miller liked how comfortable he was around her.

"When he first called and asked me out, I said no because I thought he was dating someone else," says Helfrick. "I thought he was a good guy. He was pretty fun to be around." Says Miller, "She is so smart. And she is the most honest person I know."

The pair dated on and off for several months before Miller moved in with Helfrick and her parents.

In the beginning, she assumed her boyfriend was merely a recreational drug user. But she learned the truth when Miller's behaviour became drastically different.

"I remember I'd go to bed and he'd still be up playing video games. And on the morning he'd still be sitting there playing," Helfrick recalls. "I could tell when he was using because he just acted different. He wasn't himself. And he'd get all skinny and have a sunken face."

Helfrick and Miller were on and off for most of the last decade as Miller attempted to stay clean but relapsed with time, sometimes last of them a few months to a few years.

Miller spent most of his time living with Helfrick, his mother or couchsurfing at friends' homes.

Not last year, Helfrick saw changes. Miller was making the same promises he'd broken many times before, but he appeared more relaxed and spoke with a new clarity. And most importantly she saw that he surrendered to the notion that he was an addict who needed to stop all steering clear of drugs instead of sitting back and buying for the hook.

There were lots of times we'd talk and Pd tell him that he needed to go to detox. But ultimately, he needed to work those issues out for himself. I couldn't just tell him to get treatment," says Helfrick, adding that her years with Miller took their toll.

"There were a couple of years there when I

didn't want to have anything to do with him. I had to work on my own emotions."

Today Miller and Helfrick have rehabilitated for several months without relapsing.

"This is the best time we've had, for sure," says Miller. "She is one of the best things that's ever happened to me."

Helfrick is proud of Miller not just for reuniting Miller but also for holding down a job.

"He actually has money now. He can pay for things now," she says. "We can actually sit down for a whole meal together now. That didn't happen before."

Helfrick dismisses suggestions from friends and family that she should have cut Miller loose years ago.

"People say that. And I understand that... but I believed in him. And I love him."

Miller made the most important discovery of his life in Victoria Park.

While spending late nights in the park, he heard about Street Culture's employment program that recruits young people to do odd jobs.

"I walked in there with a backpack and I think I had everything I owned at the time. I had no idea what it was all about and I asked someone if you had to be talented to be a line painter," Miller recalls of that day four years ago.

"I didn't know it at the time, but I was at the right place at the right time."

Miller began taking odd jobs like painting benches and taking buses alongside fellow young people struggling with issues such as unemployment, homelessness and addiction.

For Miller it was the perfect environment.

"There were these funky artsy people who didn't have dragons." They were the sorts of people I wanted to be around."

Over the years he participated in counseling sessions and continued with work programs, eventually catching Kim Sutherland's attention. The founder of Street Culture is credited for his creative approach to rehabilitation. Miller was also relieved he no longer had to lie or break promises to live a life with drugs. "I basically ran out of people I could manipulate."

Miller credits Sutherland's willingness to help, combined with his strict enforcement of agency rules, for putting Miller on a path to sobriety.

"I really belated onto him. I never had a father in my life when I was a kid," Miller says. Being mentored by Kim Sutherland was the best thing far."



Chad Miller and girlfriend Katrina Helfrick have plenty of reasons to celebrate these days due to Miller's rehabilitation from drug addiction. QC PHOTO BY MICHAEL REIL.

Chad knows the door is always open. I don't tell the guy what to do. But just being here to connect is what is important.

— Mike Gerrand

PHOTO BY JEFF BERNARD FOR LEADERPOST.COM. CHAD MILLER (LEFT) AND MIKE GERRAND ARE CO-FOUNDERS AND RECOVERING ADDICTS. AS A SPONSOR, GERRAND'S AVAILABLE AT ALL HOURS TO HELP MILLER STAY CLEAR OF DRUGS. G6 PHOTO BY GUY HARVEY



Chad Miller (left) and Mike Gerrand are co-founders and recovering addicts. As a sponsor, Gerrand's available at all hours to help Miller stay clear of drugs. G6 PHOTO BY GUY HARVEY

Sutherland calls Miller's transformation "remarkable" because of the price he spent to get an addict and the new life he enjoys today.

"After 18 years of working an addiction, I am always surprised with the depths that some people can go and the kind of pain people can cause themselves and the kinds of hurt they cause people close to them," he says.

In many ways, Miller's case isn't unique, Sutherland says. Like others, Miller struggled at Street Culture as he learned to accept his addiction's true power and the hard work required of any recovering addict.

"There were times when he hated me and

there were some wonderful times," Sutherland says of when Miller's drug use got him kicked out of Street Culture programs. "His success is directly related to his acceptance of the power of his addiction."

Being allowed back after each misstep was key for Miller.

"At Street Culture, you can screw up and come out of it and still have your job but also learn something at the other end," Miller says.

"At the beginning, I was looking for someone to help me. I realized it was something I had to work at

"The best thing Street Culture did for me was kick me out. Street Culture told them and lets you back. It's almost like they are saying, 'Go out and hurt some more'."

Over time, Miller's recovery group consisted of meetings hosted by Alcoholics Anonymous and Narcotics Anonymous. Groups he came less appealing because of naiveness that included a job offer at the agency he came to as a client.

"Chad is very much the kind of person who throws an issue recognized. And throughout his whole life, he's had the sorts of people in his life he couldn't depend on," Sutherland

says. Now he has created his whole support system that includes an Al-Anon and his sponsor. That is what has been crucial to his new life.

Miller's sponsor, Mike Gerrand, is a recovering alcoholic and is now Street Culture employee. He says addicts get unique benefits from connecting with others and being rewarded of the optimism of their former lives.

"Chad knows the door is always open. I don't tell the guy what to do. But just being here to connect is what is important," says Gerrand, 36.

Continued on Page 14

Chad has a remarkable ability to connect with young people who are struggling. Not only does he have this charismatic personality, he's been in their shoes. He's become an important tool for Street Culture. — Kim Sutherland

Continued from Page 18

For the first time in his life, Miller looks forward to his future even though making a couple of bad choices and returning to a risk that all recovering addicts must accept.

But he remains confident. "There is always this little bit of fear that there's a good thing it keeps me from getting today. It reminds me that I'm not cured and that I need to keep on my toes."

Miller continues to double Sutherland's role in work, which this year included leading a pilot program where Street Culture offered food to young people at Victoria Park in hopes of getting them help.

"Chad has a remarkable ability to connect with young people who are struggling. Not only does he

have this charismatic personality, he's been in their shoes. He's become an important tool for Street Culture," Sutherland says.

Helping others comes naturally, Miller says, especially because he understands the delicate balance of support and advice that he needed to kick drugs.

"I don't preach to people. But I'll share my story because it shows people that I went through the same thing."

Helping others doesn't just fulfill the requirement of his job, it also helps keep him straight.

"This my job but it's also part of my program," says Miller, who admits to feeling a sense of self-esteem build over his before.

"I suppose you could say that I am proud of myself."

streetculturecanada.com
Twitter: @streetculture



Chad Miller, an ex-drug addict, works with Melissa Fowler, co-owner of Street Culture Project Inc., with helping men kick bad drug addictions. He continues to enjoy support from the agency that helps and mentors young people. GO PHOTO BY GOWHEAT

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MUSIC

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Facebook.com/QCRegina

#ENJAY

Teen rapper makes music for the people



Young rapper Nicholas Genovese reads the past over his future where he likes to write lyrics. (GO PHOTO BY MICHELLE EATON)

By Angelina Irimaci

Enjay (Nicholas Genovese) is always working on his music.

"It's almost like an addiction," the rapper says. At only 17, Enjay has already signed up in Saskatoon for some big names in hip hop. Mackadish of *Brooklyn Members*, A\$AP Rocky and most recently Method Man and Redman. But, he's also had his fair share of bad performances. He was nervous before his first show at the White Buffalo Youth Lodge. It was a fundraiser for prostate cancer which he describes as a "brutal experience." Looking back at the show from two years ago, he realizes he wasn't

holding the microphone properly and lacked stage presence.

"You have to go through experiences of bad shows in order to really appreciate the good ones," he explains. But, with each opportunity to perform came improvement and soon Enjay was navigating the stage comfortably. Opening can be tricky, often the venue is really empty, so it can be difficult keeping the energy level high, but Enjay has got used to it as he is often the first opener.

"We've got to understand that the people who are down there at the front, those are fans and no matter if there are five people or 5,000 people there, you've got to put on a good

show for them," he says. "If you go up there looking like you don't want to be there, nobody wants to watch it."

Plus, he uses it to his advantage. Enjay makes sure to shut up the crowd there when he can, he asks questions about the music business and makes connections.

Enjay doesn't just stop at the work. He acts as a creative adviser to a couple other local artists, some who contacted him and others who he reached out to. He's been involved in an anti-bullying campaign and will soon release a song from which he plans on donating all proceeds to Kids Help Phone. He says that he was bullied as a young child, and doesn't

think he was alone — everyone's dealt with it at some point.

"In my opinion the only way to really stop bullying is to teach kids to stand up for themselves. Or if you're somebody whose aware it happens you have to stand up for other people," he says, adding that he didn't have any issues with bullies after learning this sentiment.

He's been tirelessly working on his first full-length album, *Indivisi* which he's just finished recording. The anticipated February release comes soon after his first EP, *White Men*, which came out last summer. When it came to putting together his first Enjay focused on the album as

a whole, as opposed to just particular songs. He studied how other artists, like Kanye West, crafted and put together their albums.

Enjay says he wants to make music people can connect with. *For A\$AP* a song off of *White Noise* is about dealing with difficult emotions. He recalls a powerful moment when a young woman approached him after a show crying, and said that song helped her through depression.

"It was one of those moments where I felt like it was worth it," he says. "And I hope that more people can listen to my music and get that out of it because at the end of the day that's what I'm trying to do."

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, Nov. 6

Wednesday Night Public House
The Ocean
Richmond
3295 Dewdney Ave.

Just Night
Every Wednesday
McHally's 2228 Dewdney Ave.

Thursday, Nov. 7

Live! Oringo, Devin Cently
The Exchange, 2438 8th Ave.

Alisa Cooper
Carnegie Arts Centre
200 Lakeshore Dr.

Sean Burns
The Pump, 641 Victoria Ave. E.

Friday, Nov. 8

The Montagues
McHally's 2228 Dewdney Ave.

Aiden Knight, Justin Rydberg
The Arsenal, 2627 12th Ave.

Big Chill Friday
The Laneway, 4529 Gordon Rd.

Chon Collins, Black Thunder
Hart House, 1847 Seach St.

Everett Hooper
Cambrian College Chapel
U of R

Sean Burns
The Pump, 641 Victoria Ave. E.

Digital Doomsday, Rats Out!
Circles, Dewdney
The Exchange, 2438 8th Ave.

Saturday, Nov. 9

Revelin Grove
The Laneway
4529 Gordon Rd.

Sean Burns
The Pump, 641 Victoria Ave. E.

The Montagues
McHally's 2228 Dewdney Ave.



Levi Oringo plays *The Exchange* on Nov. 7. (Photo: David)

Tina Turner, White Women, Robert Hilt

The Exchange, 2438 8th Ave.

185

The Artful Dodger
1831 11th Ave.

Monday, Nov. 10

Matthew Good, Gentlemen Housewife
Pine Upriver, 2044 Dewdney Ave.

Monday, Nov. 11

Monday Night Jazz & Blues: Cell Me Midly
Richmond
2295 Dewdney Ave.

Tuesday, Nov. 12

Jon Night
Every Tuesday, 8 p.m.
Records, 1207 Park St.

Chris Ho
Orion's, 1947 Seach St.

ART

To The Garden: Victor Gonsky

Sculptures give longevity to fruits and vegetables, reflecting them in glowing armchairs, crafting them into baggy tales and benches.

U of R Nov. 16
Slate Fine Art Gallery, 2018

Wallace St.

Andrew Solga: The Acquaintance

Solga's paintings explore masculinity and identity through narrative, portraiture, and usually large-scale figurative images, falling between realism and abstraction.

Until Nov. 22 Art Gallery of Regina, Neil Ballwin/Club Arts Centre, 2420 Elphinstone St.

U of R Masters of Fine Arts

Exhibition
Until Nov. 23 MacKenzie Art Gallery, 3475 Albert St.

Greatest Hits: The Jane Tour

Until Nov. 24 MacKenzie Art Gallery, 3475 Albert St.

Spectacle by Belinda Kirk

Until Dec. 1 MacKenzie Art Gallery, 3475 Albert St.

Outlining for a Cure

Until Dec. 10 Reception Nov. 12, 5-8 p.m. Cumberland College Legislative Building, 3405 Legislative Dr.

Sewing Our Communities Together

Until Jan. 5 MacKenzie Art Gallery, 3475 Albert St.

The Professional Native Indian Artists Inc.

Until Jan. 5 MacKenzie Art Gallery, 3475 Albert St.

Clint Hufscheld: The Chiselers, The Ties-in, The Peasants, The Greybeard and My Grandmother's China Cabinet

This exhibition is comprised of five sculptures of intricately cut wood vinyl depicting the five named objects, which together tell a story of a long-lived man.

Until Jan. 12 Dundas Art Gallery, 895, Shawwood Village, 6120 Kitchissippi Blvd.

The Artists of Scott Nicholson Fine Arts

New and abstract quarterly.

Until July 31, 2014 Regus Centre Crossing, 1821 Albert St.

Aspenide Gallery

2014 Spring St. Open Tuesday to Friday 10 a.m.-5 p.m., Saturday 10 a.m.-5 p.m.

Reverend Gallery

2014 Spring St. Open Tuesday to Saturday, 10 a.m.-5 p.m.

COMEDY

Comedy Served

Every Saturday night. Gabbro, 2238 Dewdney Ave.

THEATRE

Black Stage

U of R theatre department production.

Nov. 6-7, 7:30 p.m. Robson Centre University Theatre.

Teklad ... A Football Play

Nov. 7 & 9 Weekly shows until Dec. 21. Applause Theatre Theatre, 1975 Bloor St. West level.

Razem It's a Fusion of Ukrainian Dance

Nov. 15, 7:30 p.m. Concord Arts Centre, 220 Lakeshore Dr.

What Would Jesus Do?

North American premiere by Golden Apple Theatre.

Nov. 12-14, 8 p.m. The Arsenal, 2627 12th Ave.

SPECIAL EVENTS

Phonopneum social event, 8 p.m.

Nov. 6-7, 8 p.m. Carnegie Harbour, 3440, 9th Ave. N.

Monthly AIDS home-sharing club meeting

Nov. 6 & 8 p.m. Bushwacker basement clubroom, 2205 Dewdney Ave.

Game Show Friday: High Stakes Edition

Nov. 6, 7 p.m. Concord Arts Centre, 220 Lakeshore Dr.

Just Friends Club Sale

Nov. 7-8, 10 a.m.-5 p.m. Nov. 9, 10 a.m.-4 p.m. Sunset United Church, 177 Sunset Dr.

Women's volleyball

U of R vs. Calgary Nov. 8, 8 p.m. U of R Centre for Kinship, Health and Sport.

Men's hockey

U of R vs. Manitoba Nov. 8, 7 p.m. The Cooperators Centre, 6000 Place.

Men's volleyball

U of R vs. Calgary Nov. 8, 8 p.m. U of R Centre for Kinship, Health and Sport.

Flora & Percy Annual Sale

Nov. 9, 10 a.m.-5 p.m. General Centre, 1475 Bloor Street and 15th Avenue.

True Kirk & Co. Homecoming

Delight Holiday craft show Nov. 9, 10 a.m.-5 p.m. U of R Bloor Centre Multi-purpose room.

Holiday Market

Nov. 9, 10 a.m.-5 p.m. MacKenzie Art Gallery, 3475 Albert St.

Men's hockey

U of R vs. Manitoba

Nov. 9, 8:30 p.m. The Cooperators Centre, 6000 Place.

Women's volleyball

U of R vs. Calgary Nov. 9, 8 p.m. U of R Centre for Kinship, Health and Sport.

Men's volleyball

U of R vs. Calgary Nov. 9, 7 p.m. U of R Centre for Kinship, Health and Sport.

Remembrance Day Ceremony

Nov. 10, 10 a.m. Broad Centre, 6000 Place.

Canadian Western Agitation

Nov. 10-15. Expo Place.

Canadian Cowboys' Association rodeo in Sask

Nov. 10-15. Broad Centre, 6000 Place.

Extreme Midgut Wrestling

Nov. 12, 8 p.m. The Pump, 641 Victoria Ave. E.

NEW MOVIES

Then: The Dark World

Action This sequel stars Jai (Chris Hemsworth) reunited with Jane Foster (Natalie Portman) to take on a new threat that is forcing it into battle to save the universe from falling into darkness at the hands of Loki and an ancient race of Dark Elves.

Galaxy Cinema

425 McCord Blvd. N. 306-522-5099.

Cinema Delon

Southland Mall Cinema 3025 Gordon Rd. 306-585-3388.

Exline Public Library Theatre

2311 12th Ave. 306-777-5104.

Kramer Innit

3013 Riverhouse Dr. 306-522-6539.

Rich Bow Cinema

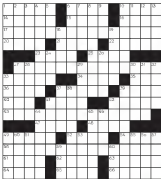
Golden Mile Shopping Centre 3026 Albert St. 306-309-1230.

#CROSSWORD

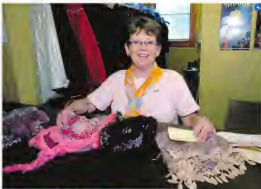
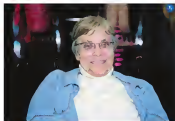
NEW YORK TIMES *Edited by MW Shorter*

ACROSS

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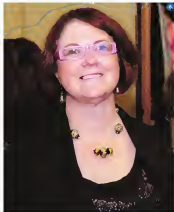
ON THE SCENE



ON THE SCENE

Send your CFL fan photos to gc@leaderpost.com for a special photo page in our Grey Cup issue!

THE GRAND EVENT



Sometimes fashion is thought of as superficial. It was anything but dump last Sunday's The Grand Event.

The Auction that it was the setting as models showed off local designers on Nov. 3. After the fashion show — which featured the vintage and rock-inspired children's wear of Tula Kids, lingerie from Prima Donna Boutique, masterfully prosthetics from Lisa B. Originals, jewelry by Rosanne Brown, and stylish headwear from Hats a Can't Wait — people milled about to shop the collections that were displayed on the runway.

The Grand Event was held in support of Forever Friends of Hope Foundation, a Saskatchewan charity that offers financial support to women living with cancer. \$1850 was raised with 90 people in attendance.

1. Florence Skellan
2. Rita Gust
3. Edin Cape and Sanita Krentz
4. Gail Pickett
5. Gail Schaeffer (bottom) and Marlene Geady (center)
6. Joanne Flamen
7. Marlene Geady
8. Kim Emmel
9. Deanna Turner

QC PHOTOS BY MICHAEL BELL

SPACES

Christmas is just seven weeks away. We're looking for a great space that's decorated for the holidays. If you plan on decking your halls, email QC@leaderpost.com

REGINA'S BEST SPACES

Loft is perfect for DIY projects

By Ashley Martin

WHO? Crystal Desjardins and her fiancé Jeff Spier

WHAT/WHERE? Their 2,600-square-foot loft located in Regina's Warehouse District

WHEN? The building dates back to 1913. The couple bought the loft two years ago.

WHY? It's spacious — two bedrooms, two bathrooms, den, living area, dining area and kitchen — yet completely different from a house. Coming from a little house, "the complete opposite of this place," Desjardins had always noticed warehouse-style lofts and wanted to try living in one. After they saw this place, "it was like, 'oh my gosh!'"

With 13-foot high ceilings and exposed brick, the home had a touch of character to suit her do-it-yourself decorating style.

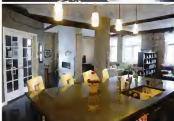
"You can kind of be quirky with the stuff you put up. You can be a little bold too."

HOW? When they bought it, the loft did not feel different from the way it is now. They've added new hardwood floors and a new fireplace — a more modern upgrade — but other than that they are adding personality. Charan and Marc work on vinyl records, the basement jazz outfit. A music stand seen from the Reggae Inn auction makes for another feature wall as does the "wall of Barbie's" — a bunch of framed Barbie cookie mixers.

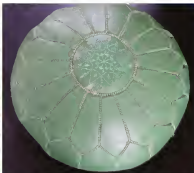
The loft is perfect for Desjardins's decorating style, which is anything but cookie-cutter.

"I don't like when you go to places and it's ... 'buy this, sell this, buy this, put it there.' I like it. I do but I just a little different."

She likes doing things herself, finding inspiration on home-style blogs. If you make it, please? "I'll see you there, to you."



SPACES



Needless to say, she is not a fan of the new things and always has a lot of ideas to tackle. Her latest creative projects are the "burn" sign in the kitchen, which still needs light bulbs attached.

The thing is, she says, she is not a fan of the new things and always has a lot of ideas to tackle. Her latest creative projects are the "burn" sign in the kitchen, which still needs light bulbs attached.

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SHARP EATS

SASKATCHEWAN FOOD TRENDS

Second marketplace makes eating local easier

By Jenn Sharp

While farmers' markets are the go-to spot for buying local food in the summer, finding products during Saskatchewan winters can be tricky.

SaskMade Marketplace has become well known in Saskatoon for a one-stop-shop for anything locally produced. It's where I go to buy everything from Saskatchewan sour cherry jam to pretty purple post cards. And, yay of all yays, a second location in Regina's Cornwall Centre is open until the end of January. If all goes well, owner Kim Neuman says open a permanent Regina location.

The company works with local farmers, artisan food makers and processors to ensure the shelves are stocked with unique products. This business model is not only profitable, it also helps make clear the connection between consumers, regional food and sustainable production.

In short, it's good to educate your self and find out where your food comes from, (something with which SaskMade's friendly staff is apt at providing.)

On the fourth Saturday of each month, SaskMade hosts a Farm to Fork Open House.

One of the vendors at the last Farm to Fork was Daybreak Mill, a certified organic grain flour and cereal processor located near Estevan.

Daybreak was started in 1964 by Alexia Schenck, one of the province's pioneers in organic farming. Native Dawn took over from her subsequent owner Ray and Margaret Ansell in January 2002. The young farmer and entrepreneur has since been busy.

She and her dad Gene grew as much of Daybreak's products as they can on their 146 acres. All the processing and packaging is also done on the farm.

"The products come straight from the farms to the consumer's table," she says.

"We're trying to connect people



The slow-cooked beef (left) was made using Santa Fe Foods' Red Wing sauce. The company sponsors a Saskatchewan grown fruit products, without preservatives, artificial flavour or colour added. It was one of the vendors at SaskMade Marketplace's Farm to Fork Open House. CP PHOTO BY MICHELLE REED

with food. (We want people to ask: where does your food come from?)

While prevalent staples of Daybreak's secret product, Estevan, which actually isn't new at all. Estevan, an ancient grain and an ancestor of wheat, is about 10,000 years old.

She's bringing more ancient grains to Daybreak's lineup because, according to the research she's read, many of people's sensitivities to gluten are caused by new and modified wheat varieties.

"The gluten problems with an ancient grain don't seem to exist," she explains.

To test this theory for yourself, head over to Grange Road Bakery in



One of the 147 products on sale is made from Daybreak Mill's gluten grain and local organic, zero-filler. Daybreak is at SaskMade Marketplace's Farm to Fork Open House, bringing samples.

Regina. It runs Daybreak's products in its artisan bread.

To shop online, visit www.daybreakmill.com.

SaskMade's next Farm to Fork will be a Christmas-themed event on Nov.

16, with five vendors serving everything from appetizers to chocolate.

The next open house will be held in January. Look for one in Regina on Nov. 30.

Join up for the shop events at saskmade.com/farmtofork.

WHAT YOU NEED TO KNOW:

SASKMADE

MARKETPLACE REGINA

Cornwall Centre

2102 11th Ave.

Open now until the end of January

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Phone: 306-744-1111

Website: saskmade.com

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WINE WORLD

WINE WORLD

Powerful and velvety smooth Spanish La Bascula

By James Romanow

I've been watching for some time for the arrival of various labels of Monastrell (also known as Mourvèdre) dominant wines on the shelves. That wonder seems to be growing.

It's a grape that likes the heat, can stand drought and tends to produce a big mess. It can be a horribly tough wine that needs several decades in the bottle to be tamed. However, the Spaniards use a variety of oak in their barrels that is a other relative of American oak. This is a grape that can stand up to any amount of phenols and tannins (French oak has less of both).

Most of the better Monastrell I've been drinking come from Spain, although some California producers are fond of the grape. La Bascula is the latest Spanish model down the runway and has made to other drinkers and rock stars alike.

For cork dorks, the grapes come off 30-year old vines that are ungrafted. Vines are typically grafted on to a new vineyard to replace old vines. There is a theory that ungrafted vines produce better "true" wine. I'll leave it up to you for a final judgement.

For drinkers, that is a really nice wine that walks a medium line between New and Old World wine styles. It's not smooth with the nervous power I was doing a survey of new wines a few weeks ago, tapping a number of



them and The Gaudet moved from the back of the pack to the very front to short order. It has the kind of refinement I enjoy, enough so I abandoned my testing to spend the evening listening to very old music, drinking the bottle and enjoying the rest.

La Bascula, The Gaudet Spain 2011, 98

More wines in Monday's edition of the LeaderPost and on Twitter @jromanow

Crossword/Sudoku answers

SHAFT	BLIP	PRET
AIDAN	DOONA	LALA
PRINTS	OPHIE	EVES
SENT	PITH	NAIVE
	AGEN	EMUS
	LOSING	PATIENTS
SELIG	KLINT	DEL
SCAL	YOUNG	TWIX
MAI	LANG	HAIRY
PRESENT	GO	MIND
	WILL	LOOL
ATTIG	POL	BIOL
JUMP	PATIENT	CHANTE
ATRE	VOL	STOOL
RUNS	GROS	TENSE

5	2	9	1	7	8	3	6	4
6	7	3	5	9	4	8	1	2
8	1	4	2	6	3	7	5	9
4	8	5	7	3	2	1	9	6
2	3	6	8	1	9	5	4	7
1	9	7	6	4	5	2	3	8
9	5	2	4	8	1	6	7	3
3	6	8	9	5	7	4	2	1
7	4	1	3	2	6	9	8	5



winterGreen
FINE CRAFT MARKET

Conexus Arts Centre
200 Lakeshore Drive, Regina, SK
November 15-17
for a complete list of exhibitors
www.saskcraftcouncil.org

SASKATCHEWAN CRAFT COUNCIL
creative
Saskatchewan

**PRE-CHRISTMAS TRADE SHOW
AND CRAFT SALE**

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www.CraigAdam.ca

Dean
Jennifer
Mark
Dylan
Chris
Jennifer
Amanda

OUTSIDE THE LINES

Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour this page, have a picture taken with the finished product and email it to cp@leaderpost.com.

One winner will be chosen each week for a \$25 gift card from Dunsen's Pizzeria.

Please send high-resolution pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Vanshika Sharma**. Congratulations! Thanks to all for your colorful submissions. Try again this week!



DINNER
done right!

Ricky's
ALL DAY GRUB
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regina.gotonickys.com

@ ASK ELLIE

Enlist experts to help advise spendthrift mother

Q: My parents were married and were business partners for 30 years. When my father became ill he was in hospital for almost five years before he passed away. My mother's health plummeted, her heart literally was broken.

Then she got a letter from her first and only other boyfriend back in Germany — not heard from in 16 years. My uncle had put my dad's death notice in the town newspaper where they grew up, and her old flame read about it.

He wrote that his wife had passed away five years before. My mother wrote back and soon they were planning. She went to visit him in Europe and they've been together ever since, dividing their time between North America and Europe.

I don't doubt their affection and need for each other. But I'm concerned because he was very wealthy and let his son inherit his house and business after his wife passed away. They were known as the wealthiest and strongest family in the town

Ask Ellie



Men pay for everything. I've never seen him pay for a cup of coffee or dinner. She pays \$40,000 a year in airline tickets — his never offers and she's afraid of upsetting him.

He keeps leaving money to his son who's already wealthy and also recently inherited close to a million dollars tucked away in a Swiss bank account.

I feel he and his family are taking advantage of Mom — his son even recently asked her for a mortgage which she was going to pay until I had lawyers advise her that it's as wise to lend money overseas (this, after the guy just inherited). He just

didn't want to bring the money out and pay taxes on it.)

My mother's running out of money. She has property. She's also paying for her car, clothes, food, and alcohol. She wanted hand and foot on my father and now has a boss letting her pay for his lifestyle. His son pays nothing for his father's upkeep.

I say, tell him to share the costs of travel and daily living. He's said that when she has no more money he'll take care of her.

My siblings and I won't inherit anything (yes, that's part of my concern) but he may pass away first and if she needs long-term care, she won't have the resources.

Can I say something to him myself?

We don't even meet every a week. He deserves to be loved without having to pay for it. Your thoughts?

A Concerned Daughter:

A: Talk to a financial adviser first and get the details about how long your mother's money will last,

given her double expenses. Then bring your mother along to hear it all.

Also have the financial person list the potential needs for money over the next years as she ages may need housekeeping and personal care etc.

Note, if the man's controlling of her time, you want find a way to get this information to her and it's best coming from a third party professional. You may have to "fudge" where you're taking your mother that day.

But there's no holding back once she knows. That's when you (and your siblings, if possible) need to confront her compassion and my big relying on her money is unfair and wrong, since it leaves her vulnerable in the future.

You may even need to consult a lawyer on this matter. But be forewarned — your mother's used to "serving" her man. She may foolishly do nothing about her present financial position.

Q: My best friend has two big dogs with fleas, which drool and shed on everything. She doesn't clean enough, so her two houses, and clothes always look and smell disgusting.

I've hinted that she should clean up, that they smell bad, and even had about attempts to avoid going there or visiting in her car.

She always off blames it all on the dogs, saying it doesn't really bother her.

We've been friends forever and I don't want to hurt her feelings, but I feel like saying, "I don't want to hang out with you anymore because you smell bad and have fleas!"

How can I say this to someone I love?

Snooty Friend:

A: She loves her dogs, period. You can send her research on flea treatment, but that won't stop drooling and dog smells. Either ask her (nicely) to clean herself up, or explain that your discomfort means only phone/email contact.

Next week in QC

With more than 40 years of writing experience, Guy Vanderhaeghe likes sharing advice with younger authors.



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